

DECEMBER 2019 Happy Holidays!

Valley View PM and Snack



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Washington Wednesday	5	6
Lunch Quesadilla with Salsa Spinach & Orange Slices Milk Snack Graham Crackers Applesauce	Lunch Bean Nachos Salsa & Shredded Lettuce Mixed Fruit & Milk Snack String Cheese Amazin' Raisins	Lunch Mini Cheese Bites Sliced Cucumber Peaches & Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps	Lunch Mac & Cheese with Homemade Roll & String Cheese Spinach & Apple Slices Milk Snack Assorted Cereal & Milk	No School
9	10	11 Washington Wednesday	12	13
Lunch Bean & Cheese Tostada Salsa Diced Pears Milk Snack Cheez-It Crackers Mixed Fruit	Lunch Chili Cheese Tamale with Shredded Lettuce Cilantro Banana Milk Snack Animal Crackers Banana	Lunch Cheese Breadsticks Spinach & Apple Slices Milk Snack Goldfish Pretzels That's It Fruit Bar	Lunch Cheese Pizza Ripper Roasted Broccoli Blueberries Milk Snack Assorted Cereal Milk	No School
16	17	18 Washington Wednesday	19	20
Lunch Veggie Nuggets String Cheese Spinach & Orange Slices Milk Snack Graham Crackers Applesauce	Lunch Galaxy Cheese Pizza Sliced Cucumber Mixed Fruit Milk Snack String Cheese Amazin' Raisins	Lunch Veggie Burger & Tater Tots Spinach & Peaches Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps	Lunch Chef's Choice Red Pepper Slices Apple Slices Milk Snack Assorted Cereal Milk	No School
23	24	25	26	27
No School	No School	No School	No School	No School



Have a Safe and Relaxing Winter Break!



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No School

No School



Harvest of the Month BEANS AND LENTILS

Beans & Lentils are a good source of protein, low in fat and high in dietary fiber. We have our White Chicken Chili this month featuring Pinto Beans!

BREAKFAST: Served every morning before school with fruit, 100% juice and milk.

LUNCH: Salads, fresh fruit & vegetables & milk offered daily with lunch.

A vegetarian choice is offered daily. No pork is served at elementary schools.

Washington Wednesday is our way of highlighting delicious local foods. We are proud to serve local dairy, whole grains, beans, fruits & vegetables.

QUESTIONS? Call the Nutrition Services Office at 206-631-3010. Menu subject to change.

This institution is an equal opportunity provider. Updated 11/15/19

